

Contact:  
Kate Dragoo  
Public Information and Outreach Supervisor  
Foothills Park & Recreation District  
(303) 409-2525; [kate@fhprd.org](mailto:kate@fhprd.org)

**For Immediate Release – September 30, 2009**

**Foothills Park & Recreation District events**

**Childcare and enrichment open house, Oct. 8**

Come to Foothills Park & Recreation District's Lilley Gulch Recreation Center on Thursday, October 8 from 4:30 - 6:30 p.m. to learn about Foothills' child care and enrichment options for ages 2 1/2 – 5 years old, or until your child begins kindergarten. This free open house allows you to bring your child(ren) to visit and experience the All Day Care and Preschool Program. Get to know our staff and learn how we can fill your child's day with safe, fun and enriching activities. For more information, call 303.409.2507; [www.foothills.org](http://www.foothills.org).

**Free Adult Senior open house, Oct. 9**

Join Foothills Park & Recreation District for a day filled with fun and useful health and wellness information for adult seniors on Friday, October 9, 9 a.m. – 1p.m. at the Peak Community & Wellness Center (6612 S. Ward St.). Activities include booths representing senior resources and community organizations, give-aways, chair massage, lunch and entertainment. Event is free. For information, visit [www.foothills.org](http://www.foothills.org) or call 303.409.2264.

**Broomball leagues**

Can't ice skate or feel uncomfortable on ice skates, but want to have fun with your friends? Come play broomball at Foothills Park & Recreation District's Edge Ice Arena! Broomball is a cross between ice hockey and lacrosse with the same heart-pounding action and excitement - no ice skates needed. Leagues are offered for youth, coed and men on Sundays and Wednesdays beginning Oct. 11 and 14. Broomball rental times also available. To register, visit [www.foothills.org](http://www.foothills.org) or call 303.409.2222.

**Kids' Nite Out**

Plan your Saturday night out while your child attends "Kids' Nite Out" at Foothills Park & Recreation District. This supervised, structured program offers a safe, social and recreational atmosphere. Participants are not permitted to enter or leave the facility without parental supervision. Win great prizes - meet new friends! Activities include basketball, dodge ball, swimming, dancing, board games, inflatable games, theme

**- MORE -**

***Release continued, page 2***

nights, special guests, concessions for purchase and more! Saturdays alternate between two Foothills facilities accommodating different age groups. Entry fee is \$10 per night. For more information, call 720.232.5615.

- Ages 9-14: Oct. 10 and Oct. 24, 7-10:30 p.m. at the Ridge Recreation Center, 6613 S. Ward St.
- Ages 8-13: Oct. 17, 7-10:30 p.m. at Lilley Gulch Recreation Center, 6147 S. Holland Way.

###

*In 2009, Foothills Park & Recreation District is proudly celebrating 50 years of excellence and service!*

*Foothills Park & Recreation District, founded in 1959, serves a community of 90,000 residents in a 28 square mile area of unincorporated Jefferson County generally bounded by Hampden Avenue south to C-470 from Sheridan Boulevard west to the Dakota Hogback. The District operates the Ridge Recreation Center, Edge Ice Arena, Lilley Gulch Recreation Center, Peak Community and Wellness Center, four outdoor swimming pools, Indoor Sports Arena, Foothills Golf Course complex, Meadows Golf Course, and 70 park sites totaling more than 2,400 acres and including four regional parks, 42 neighborhood and community parks and 24 greenbelts. In addition Foothills manages six regional trail corridors for public use, which, combined with park trails, total more than 31 miles. For more information visit [www.foothills.org](http://www.foothills.org) ,or call 303.409.2100.*